

What is claimed is:

- 5 1. A pharmaceutical composition for administration to a human or an animal comprising a peptide selected from the group consisting of D-Pro D-Tyr D-Val, and D-Leu D-Thr D-Val as an active component.
- 10 2. The pharmaceutical composition of claim 1, being selected from the group consisting of a tablet, a powder, a granule, a pill and an injectable form.
3. The pharmaceutical composition of claim 2, which is an injectable form.
- 15 4. The pharmaceutical composition of claim 3, wherein said injectable form is selected from the group consisting of a solution, a suspension and a emulsion.
- 20 5. The pharmaceutical composition of claim 1, wherein the composition comprises from 1 to 100 mg of said peptide.
6. A pharmaceutical composition as claimed in any of claims 1 to 5, wherein the N-terminal NH₂ group is replaced with a COOH group and/or the C-terminal COOH group is replaced with an NH₂ group.
- 25 7. A food composition for administration to a human or an animal comprising a peptide selected from the group consisting of D-Pro D-Tyr D-Val and D-Leu D-Thr D-Val as an active component.